

KRISTIN SMITH, PT, DPT, CST-T



Doctoral Degree in
Physical Therapy,
University of Michigan,
Flint, 2013

Member of:

- APTA
- MPTA

Certifications & Special Interests:

- Certification in
CranioSacral Therapy
- Certification in ImPact
(for concussion
management)
- Myofascial Release
- Strain/Counter-strain
- Myofascial
Decompression (Cup
Therapy)
- Visceral Manipulation
- Brainwork/Unresolved
Trauma

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Kristin Smith received her Doctoral Degree in Physical Therapy from the University of Michigan—Flint in 2013. She has a certification from the Upledger Institute in CranioSacral Therapy (CST), which is a very light touch technique that works with the body to promote tissue healing. Kristin has achieved great outcomes using this technique, and her patients have commented that it is amazing! One patient in particular is a woman who had debilitating neck pain as a result of a motor vehicle accident. “The patient was exhibiting some signs of anxiety and emotional distress due to her accident, which you could totally understand. After working with her and using CST techniques, not only were we able to resolve her neck dysfunction, but we also made a positive impact on her anxiety and life-long TMJ dysfunction,” said Kristin. In addition to her certification in CST, Kristin is trained in the ImPact Program, which is a cognitive assessment program for concussion. Her other continuing education includes manual therapies, such as myofascial release, strain/counter-strain, visceral manipulation and brainwork/unresolved trauma.

While in graduate school, Kristin assisted Associate Professor, Dr. Min Huang, PT, PhD, NCS, in gathering data for an important research project regarding balance and the BESTest balance assessment tool. Their finished project and research were featured in several professional journals.

Kristin is originally from Lapeer, but currently lives in Grand Blanc. She is married to her high school sweetheart and has a son, who is the joy of her life. When she is not treating patients, you can find her spending time with friends and family, camping, knitting, and reading. To stay healthy and fit, she enjoys walking around her neighborhood with her son and husband. She also practices yoga and has been since high school. In fact, she was the founder/president of Grand Valley State University’s yoga club while in her undergrad.

Kristin practices out of Advanced Physical Therapy Center’s Grand Blanc clinic. Her work philosophy is, “I feel that my job is to assist the individual’s own ability to heal by giving support to the tissues, provide education to the patient and prescribe the appropriate exercises that reeducate the muscles for a lasting healing effect.”

